

NSF PHYSICAL FITNESS FACILITY MEMBERSHIP APPLICATION AND WAIVER

Instructions: Please complete this form and attach a check made out to "NSF Physical Fitness Facility." Send completed form and check in a green Personal envelope to Tammye Keola, Treasurer, in Room 1245 (tkeola@nsf.gov; x8070). Fees are collected annually in January. If joining at any other time during the year, please contact one of the Co-Chairs to find out the prorated fee.

Chair:	Al Wilson	Room 480	awilson@nsf.gov ; x4835)
Co-Chair Women:	Anne Doyle	Room 480	adoyle@nsf.gov ; x4806)
Co-Chair Men:	Alex Wynnyk	Room 485	awynnyk@nsf.gov ; x4472)

Yoga/Aerobics: An additional fee is charged for yoga/aerobics classes. To apply for membership in the Facility and enroll in these optional classes, contact Joanne Rodewald, BIO, Room 695, jrodewal@nsf.gov, 292-8406.

Personal Information:

Name and Gender	<input type="checkbox"/> M <input type="checkbox"/> F
Name of contractor if not an NSF employee	(see attachment for eligibility requirements)
Proximity Card No.	(Important! We need this number to provide access to the facility.)
Directorate & Division	
Room No.	
Telephone No.	
E-Mail Address	
Emergency Contact:	
Name	
Telephone	

Fees:

Yearly membership\$ 60.00
 Locker (for current locker holders only!)\$ 10.00
 ***Assigned locker # _____

Total \$

(Please check below if applicable)

☐ I do not currently have a locker but would like one.
(Pay only after being notified of availability of locker.)

I agree to abide by all the rules and regulations that govern the NSF Physical Fitness Facility. I agree that I will use only exercise equipment that I am physically fit to operate and will use equipment in a safe and proper manner. I also realize that neither NSF nor any of its staff is liable for any personal harm or injury that may occur to me as a result of improper use of the facilities or equipment, or for injury that may be sustained as a result of ill health or pre-existing physical defect. I also understand that the Foundation is not responsible for articles lost in or stolen from the Facility.

I understand that this membership application will entitle me to access to the Fitness Facility through the use of an electronic proximity card. I further understand that the proximity card is for my own personal use and that lending it is grounds for loss of membership.

 Signature

 Date

NSF PHYSICAL FITNESS FACILITY COMMITTEE MEMBERS:

Al Wilson (BFA/DGA) - Chair
Anne Doyle (BFA/DGA) - Co-Chair for Women
Alex Wynnyk (BFA/DIAS) – Co-Chair for Men
Tammye Keola (OLPA) - Treasurer

Joanne Rodewald (BIO)
VACANT (ENG)
VACANT (EHR)
Stuart Plattner (SBE)
Debra Newman (SBE)
Gary Scavongelli (IRM)
Joan Frye (MPS)
Richard Behnke (GEO)
VACANT (CISE)
Renee Crain (OPP)

At Large: Joe Burt (HRM)
Health Unit: Janet F. Regier, M.D.
DAS Rep: Pat Bryant

NSF PHYSICAL FITNESS FACILITY

STATEMENT OF PRINCIPLES

The NSF Physical Fitness Facility is a benefit offered by the Foundation to its employees. Membership in the Fitness Facility is available to all full- and part-time NSF employees. The Foundation's management has provided the Facility with free space, including showers, lockers, and ample room for exercise equipment. In return, The Foundation relies on a Committee of volunteers to manage the Facility, and **assumes that the members of the Facility will abide by the policies set by that Committee. The success of the Facility depends on the willingness of all parties to respect this implicit contract.**

RULES OF COURTESY

1. Use of the Facility is restricted to members. Guests are not permitted to use the exercise equipment or shower/locker facilities.
2. Radios, tape players, and CD's should be used with headphones.
3. Clothes and towels should either be stored in lockers or removed at the end of each visit to the Facility.
4. Sinks should NOT be used to wash out exercise clothes.
5. Showers should be kept short, especially during the crowded mid-day hours.
6. Members should wipe off exercise equipment (including benches) THOROUGHLY after use.
7. Members should not drop weight stacks or dumbbells.
8. Members should return dumbbells to the rack after use.
9. During crowded periods, use of the exercise machines is limited to 20 minutes per person. If you wish to use an exercise machine that is already in use, put your name and the time on the sign-up sheet when you are ready to begin exercising and inform the person using the machine that you have done so. Use the time on the wall clock. After 20 minutes, the member who started on a machine first should leave their machine. If a machine becomes available and the person at the top of the waiting list is not ready to use the machine, his or

her name may be crossed off the list and the next person may use the machine.

Report items of **broken exercise equipment** to Al Wilson (awilson@nsf.gov), Anne Doyle (adoyle@nsf.gov), or Alex Wynnyk (awynnyk@nsf.gov).

Report **other repair requests** directly to DAS at x8110.